

Tips to Stay Cool in the Heat

Climate change is making heat waves longer and more frequent, particularly in the Central Valley of California. Heat-related illnesses, such as dehydration and heat stroke, pose a serious health risk to everyone.

Cool to the Touch

- ✓ **Cool your skin** with a wet bandana or washcloth. Resting with damp skin cools your body as water evaporates. For longer lasting cooling, buy an "evaporative cooling" bandana, which stays wet for hours.
- ✓ **Dampen your bed sheets** and place a fan at the end of your bed to keep cool throughout the night. Place an frozen water bottle in your bed, wrapped in a thin towel. Cotton sheets are best.
- ✓ **Postpone all heat-producing indoor activities** to evening hours. Cook meals ahead of time, at night. Reheat meals with a microwave or serve cool.
- ✓ **Hang a thin wet sheet** or wet laundry in front of a window or fan so the air blowing inwards is cooled.

Move Air to Keep Cool

- ✓ **Install ceiling fans.** Use fans while running your AC to boost the cooling effect. The breeze from the fan creates a wind chill that allows you to run the AC at a higher temperature while still keeping cool.
- ✓ **Place a box fan in a window at night** to bring cool air inside. Purchase window locks (\$1+) if you're concerned about leaving windows open.
- ✓ **Create a cross breeze** by opening doors or windows on opposite sides of the room.
- ✓ **Turn on built-in exhaust fans**, like those in the bathroom and kitchen, when indoor air is hotter than outside.

Get somewhere cool.

Cooling centers are local city resources providing air conditioning and water for everyone during heat events.

Check fresno.gov/parks/cooling-centers/ for locations near you.

Also, visit friends/family, libraries, community/senior centers, or shopping centers to keep cool.




Using a ceiling fan can make you feel up to 4 °F cooler.

Put box fans in open windows




Keep the Heat Out

- ✓ **Use blackout curtains** to keep heat out during the day and keep cool air in. Curtains with a white backing are best. Close them in the early morning and open them when the sun has set.
- ✓ **Caulk and weatherstrip your windows and doors** to keep cool air in and hot air out in summer. This also helps keep your home warm in winter.
- ✓ **Plant vegetation along the south and west sides of your home.** Vegetation keeps your home cooler in the summer and warmer in the winter.
- ✓ **Install awnings or heat-reflecting films on windows** that face the sun to keep your house cooler and reduce glare. For hot climates, solar control films are most effective, but they may also darken the room.
- ✓ **Choose a “cool” (reflective) roofing material or wall** when it’s time to replace your roof or to repaint your outside walls. Light-colored roofs and walls stay cool by reflecting sunlight, reducing heat flow into your home. There are also reflective versions of darker roofs and walls.”



Plant leafy trees on the south and west sides of your house to block sunlight in summer and let it through in winter.



Plant other types of tall plants, such as giant reeds, sunflowers, or climbing plants such as grapevines.

Check on your neighbors and family, especially seniors, children, and people living alone. Make sure they have access to water, medications, and cooling.

If someone needs attention,

call 911

Or call the non-emergency dispatch number for less urgent services

(559) 621-7000

Resources

Ecology Center’s Cooling Strategies for a Warming Climate:

ecologycenter.org/wp-content/uploads/2018/07/Cooling-Strategies-for-a-Warming-Climate.pdf

Fresno County Extreme Heat Resources:

co.fresno.ca.us/departments/public-health/office-of-emergency-services-oes/about-fresno-county-office-of-emergency-services/extreme-heat

Fresno Economic Opportunities Commission, Low-Income Home Energy Assistance Program:

fresnoeoc.org/liheap/

California Governor’s Office of Emergency Service’s Summer Heat Resources:

caloes.ca.gov/ICESite/pages/summer-heat-resources.aspx